

Phryme



"I CHOSE THIS LIFESTYLE AND I WANT TO CONTINUE LIVING THIS WAY."
- NICOLE MANZO



"THERE'S SO MUCH TECHNOLOGY ALL AROUND US AND I HAD NO IDEA HOW IT ALL WORKED."
- LAURA CROES

WANT A JOB THIS SUMMER?
5 BENEFITS OF WORKING OUT?
READ AND FIND OUT!

Arantxa
MADURO

Wilyenie
CROES

Jeaniree
**VICARIO-
BERNABELA**

THE UNEXPECTED STORIES OF THREE STUDENTS WHOSE PREGNANCIES DIDN'T STOP THEM

Phryme.

MAGAZINE

“Exclusively on expatriate students.”



Cover photographed by Shandrick de Cuba

PHRYME STAFF

Chief Editor

Zoe Arendsz

Executive Editor

Jose E. Kock and Lorenzo J. Dirksz

Writer & Photographer

Aishyta Sichtman

Photographer

Shandrick de Cuba

Writer

Stephany Ridderstap

Journalist

Imilaine Matos

Copy Editor & Writer

Liam Kelly

Journalist

Kenna Hernandez

Photo-Videographer

Nicole Manzo

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MAGAZINE



For students by students

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THE STUDENT CITY:

FLYING HIGH... *in* **FRANKFURT**

Officially named as Frankfurt am Main, Frankfurt is a metropolis and the largest city in the German state of Hesse and also the 5th largest city of Germany, after Berlin, Hamburg, Munich, and Cologne. Frankfurt has a population of 736,414 in the city, and the entire metropolitan region with over 5.5 million inhabitants as of December 2016. Frankfurt is a very culturally diverse city, with the majority of the population consisting of young people, including foreign nationals, expatriates, and students. In addition, Frankfurt is also the financial capital of the country and the largest financial center in Europe. Frankfurt is home to the European Central Bank, Deutsche Bundesbank, Frankfurt Stock Exchange, and several larger commercial banks. In short, Frankfurt is the "Wall Street" of Europe.



Frankfurt for students;

If you are a student planning to go on exchange or to live in Frankfurt, there are some things you might want to know to help you decide on your big move:

1. FRANKFURT IS A REALLY WELL-CONNECTED CITY;

Frankfurt hosts the 4th largest airport in Europe, which makes traveling in and out of Europe very easy for the travel lovers. It also has the busiest train stations in Europe. Going to a city by bus and car is also very easy. You can travel to and from the Netherlands (or any other city in Europe) by bus for a little as €7 with FlixBus if you keep an eye out for their weekly specials.

2. FANTASTISCHE UNIVERSITÄTEN (FANTASTIC UNIVERSITIES);

Frankfurt is home to seven universities, such as Johann Wolfgang Goethe University that consists of four campuses with studies ranging from Fine Arts up to Medical Science and Dentistry. The University of Applied Sciences Frankfurt offers around fifty-seven courses in four faculties: architecture and civil engineering, business and law, social work and health, computer science and engineering. According to Studying in Germany, the university challenges its students to work hard towards the clear purpose – immediately after finishing your studies, you are bound to start practicing and sharing your skills. Furthermore, there is the University of Music and Performing Arts, The Städelschule of Visual Arts, and Frankfurt School of Finance and Management. Frankfurt has probably all studies students are interested in, to say the least.

3. FRANKFURT ISN'T CHEAP;

Naturally, by being Europe's financial capital, living in Frankfurt comes at a not-so-cheap price. Prices for rent excl. facilities can range from €400 to €1000. However, if you're smart enough, you can save hundreds if you share an apartment with flat-mates. Choosing to live outside of the city also cuts down your cost drastically. It's also mandatory to have a public transportation pass; a monthly subscription will cost you around €80 monthly. Regardless of the expensive housing and transportation prices, you can still survive in Frankfurt as the cost of food in the supermarkets are cheaper, such as a bottle of milk being less than €1 and a loaf of bread being €2. Beer in a bar will cost you about €4 a glass but a can in the supermarket is <€1. The good thing is that you can drink it freely on the street without any problem with authorities.



Things to do in Frankfurt.

Besides studying and drinking beer on the streets of Frankfurt, the city is known for its skyscrapers. The skyline resembles Manhattan, which is why the city is nicknamed "Mainhattan". Frankfurt is also widely known for its international fairs, for instance, the Frankfurt Book Fair that takes place every October; a heaven for book lovers. For those who are more into shopping rather than reading, the "Zeil" is the best-known street in Frankfurt where you can shop until you drop. On the rooftop of the "Zeilgalerie", you can enjoy a panoramic view of Frankfurt. That is where you can see the perfect contrast between modernity and tradition with skyscrapers on one side and the Frankfurt Cathedral on the other.



Fun facts about Frankfurt:

- 14/15 tallest skyscrapers in Germany stand in Frankfurt;
- Over one in four Frankfurters are foreign;
- Goethe was born there;
- The Opera House used to be considered Germany's Most Beautiful Ruin;
- Frankfurt airport's baggage system is 67km long;
- It is the home of the Frankfurter.

Practical.

An interview with Kevin Boekhoudt
*“Great dancers are not great because of their technique,
they are great because of their passion.”*



Deciding on a major is always a tough call; it often determines what the rest of our life may look like. *Do we follow our passion, do we go the practical route and follow a conventional career path?* Often, if we make the conventional choice, we are left to wonder, *What if we had chosen our passion instead? What could've been?*

MEET KEVIN BOEKHOUDT.

Born and raised in Paradera, is now living in the Netherlands and is trying to find a way to combine his passion for dance with a more “practical career” path as a Health Scientist. He lives in the city of Amsterdam and follows the Health Sciences program at the Vrije Universiteit. At the age of 20, Kevin loves Lady Gaga and, like most people enjoy a good pizza. However, unlike everyone else, Kevin hasn't given up on his true passion – dance.

He always knew he would continue with his studies abroad because he felt that his plans and dreams were too big for his little island. Since moving to the Netherlands, Kevin has fallen in love with the number of opportunities he has there and with having the freedom to do his own thing. However, Kevin has also realized that all of the freedom in the Netherlands comes at a price. He believes that living independently from one another makes people detached, unlike in Aruba where there is a sense of community.

KEVIN'S DANCE CAREER.

Kevin started dancing at the age of nine with Pachanga dance school in Aruba. In 2013, Kevin joined Popcorn Dancers in Aruba. Today, he still feels very supported by his teammates also known as Popcorn Soldiers.

Now that Kevin lives in the Netherlands, he dances with Global Dance Centre about three to five times a week. This can become stressful sometimes because, during examination periods, time must be optimally managed. However, it's still manageable to attend dance classes, especially considering that, he prefers to go to the dance studio and follow a class, rather than going out and partying.

The art of dance may seem like a mostly female dominated field. We asked about Kevin's experience as a male dancer. He recalls dancing in a carnival parade with the popcorn dancers and being pulled aside by a fellow member of the team to warn him against what bystanders had been saying – that he was gay. He says hearing this didn't faze him; he had joined the parade to dance, have fun and another person's opinion of him didn't matter to him. He continues by saying that being labeled as gay has followed him from a very young age; he was teased for not being more masculine and not participating in masculine activities such as soccer. However, he doesn't consider himself gay, he said,

"Having feminine features shouldn't define my sexuality nor my gender. If tomorrow I decide I want to wear a dress, then I will because it's what I feel good in."



Even so, his favorite memory as a dancer is taking a workshop with one of his favorite dance teams. The workshop consisted of three consecutive classes with different teachers. In each class, they would pick the top students who could win an autographed picture from the Royal Family members. Kevin excitedly tells us about how he was chosen in the top of all three classes and received an autographed picture in one of them. He says that this proved to him that those who he looks up to also see something special in him, which motivates him to this day.

FAMILY SUPPORT.

When it comes to family support Kevin shares that both his parents have been supporting him since the beginning. As he got more involved in the dance world, his dad continued supporting him while his mom urged him to not let his education slide just to dance. This caused tension at home as he believes that his mom didn't understand that he couldn't stop dancing; she didn't understand that dancing was like needing oxygen for him. Dance was his form of stress release, his way to let go of drama happening around him and a release that he couldn't live without. However, trying to combine studying with dance was challenging in high school; it meant not sleeping some nights to dance and coming home to do his homework before going to school in the morning. Even so, Kevin was a good student, he never had to repeat a year. Eventually, he graduated VWO in 2016, which pleased his mom and eased the tensions that were built.

- **WHY STUDY HEALTH SCIENCES AND NOT DANCE?**
"I always wanted to do something that would be of service to others based on my experience with volunteer work during my high-school years."

Initially, he thought about pursuing medicine so that he could help heal people,

"Helping others, being of service to others, is my second passion – it's the one thing that gets close to giving me the same feeling as I get from dancing."

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He considered pursuing an education in dance but was afraid of being rejected for the program as he had never had any classical dance training. At some point, Kevin realized that most of the dancers he follows on social media never had any formal education in dance either. This meant that he didn't need a formal dance education to make it in the dance world.

THE FUTURE IS BRIGHT.

In the future, Kevin hopes to be a fulltime dancer; he sees himself as a backup dancer to an artist. If not, his backup plan is to finish his current study and make that his career while in his spare time still following his passion for dance.

- **ARE YOU HAPPY WITH YOUR STUDY PROGRAM?**
"Yes, with this degree I could help a lot of people. But, I don't think I will be genuinely happy if I pursue this study as a career."

Even though his study is going well and, so far, he has obtained all the credits he needs, Kevin still thinks about quitting his program to pursue dance full time. Simultaneously, Kevin knows that getting a degree is important, but he expresses that he mainly moved to the Netherlands to be somewhere big that would give him the opportunity to make it in the dance world.

In the end, it's not just the fact that there is a lot of competition out there holding him back from reaching his goals. In the future, Kevin would like to return to Aruba. For now, Kevin wants to enjoy all the possibilities that being in a city like Amsterdam has to offer.

- **WHAT'S YOUR ADVICE FOR STUDENTS WHO WOULD LIKE TO PURSUE THEIR PASSION?**
"Just do it or find your way back to it. Don't give up until you've given it your all and explored all possibilities. Lastly, we shouldn't allow a single soul in the world tell us that we can't be exactly who we're meant to be, because Martha Graham once said, 'Great dancers are not great because of their technique, they are great because of their passion.'"

"IF YOU DO NOT WORK HARD AND DON'T PUT IN THE TIME AND EFFORT, YOU WON'T BE ABLE TO MAKE IT IN THE DANCE WORLD."





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DOING THE UNEXPECTED WHERE EXPECTATIONS ARE HIGH.

BARBARA GARCIA, THE INTERVIEW.

Any hesitation or change of plans in a student's career is harshly condemned by those around them. To show the side of those so harshly judged by others, we are digging into the story of Barbara-Alejandra García.

Barbara, 22, was born in Aruba to immigrant parents. She loves watching murder shows like Forensic Files, Law and Order and describes herself as, "Super quiet and a shy person." Her goal is to, someday, own her own cosmetology clinic. In March 2017, she she moved to the Netherlands in hops of reaching that goal.

MOVING

Barbara decided to move to the Netherlands due to the lack of study choices available in Aruba. She really wanted to experience the student life that she had heard so much about. For her, it was a difficult transition going from constant warm weather and relatively small-town life to the much colder city life. While it was tough, the Netherlands had been exactly what she had expected – she knew that it would be a challenge for her, that she'd be on her own and that she was not the most self-reliant person you can find.

While Barbara was aware of the challenges she might face, there was still some culture shock for her,

"I LIVED IN ROTTERDAM WHERE THERE ARE TONS OF CARIBBEAN PEOPLE. BUT, I DIDN'T GET USED TO THE TYPE OF MUSIC, HOW THEY SPEND A NIGHT OUT, AN AFTERNOON OR THEIR DAY OFF."



She compared it to Aruba, where she would go to the beach on her days off while in the Netherlands all activities depend on the weather.

Living without her parents, learning to do everything on her own and getting used to walking to the metro daily in all types of weather were the biggest challenges for her. However, she recounts how much she enjoyed getting to see unfamiliar places like London and Paris, that were dream places for her growing up. In addition, she enjoyed meeting new people, her school and her study, which are all things she will not easily forget.

THE UNEXPECTED

In December 2017, as many other students, she traveled back home for winter break and decided to stay. She never thought about not going back to the Netherlands because, while she was struggling, she was okay, "I didn't love it, but I didn't hate it either."

- **WHY DID YOU DECIDE TO STAY IN ARUBA AFTER WINTER?**

"I missed my family a lot but it wasn't the reason why I stayed. Since I got to the Netherlands, I always worried about student loans that I had to pay back later."

In addition, Barbara shared that she was unhappy with her study; cosmetology wasn't what she had expected it to be,

"I HAD CLASSES LIKE FACIAL TREATMENT BIOLOGY WHICH I ENJOYED BUT I ALSO HAD CLASSES FOR MANICURES, PEDICURES AND MAKEUP APPLICATION WHICH I REALLY HATED. I MEAN, WHO IN THEIR RIGHT MIND WOULD WANT TO BE AT SCHOOL AT 7.30AM TO APPLY MAKEUP?"

She shared her doubts with her family and they found a private academy in Venezuela that was offering the courses that she really wanted to take - cosmetic dermatology; a branch of dermatology that is based on how to take care of your skin, which is the opposite of cosmetology. Once Barbara's



parents told her that they would support whatever decision she made, she applied to the private academy, got accepted and moved to Venezuela all in the same week.

- **HOW DID YOU TELL PEOPLE YOU WEREN'T GOING BACK?**

"To be completely honest I wasn't comfortable telling people because it is normal in Aruba to judge someone that went to the Netherlands, didn't make it, and came back to Aruba. I know this because I used to play the judge when people I knew came back."

After a while, she made peace with it; she didn't feel like she failed because she was doing well at school and it shocked everyone once she decided to quit her program. Barbara was lucky, because her family and friends were very supportive. However, other acquaintances did make her feel judged when they would see her around the island. In her opinion, those acquaintances probably think that she's a quitter and will never be successful. However, Barbara made it clear that she thinks everyone goes through phases in life and the import-

ant thing to her is that she didn't quit studying. Instead, she pushed through and made sure to keep working towards her goal. She's excited about her new program,

"NOW I'M STUDYING IN VENEZUELA I STARTED WITH THE PROGRAM COSMETIC DERMATOLOGY. IT'S A SHORTER PROGRAM COMPARED TO THE ONE I WAS ORIGINALLY DOING; I WILL FINISH AROUND OCTOBER AND I'M VERY EXCITED ABOUT IT EVEN THOUGH IT'S A LOT SINCE IT'S A SHORTENED TEN-MONTH PROGRAM. WHILE THE PROGRAM HAS CHANGED THE GOAL REMAINS."

Barbara adds that, if for any reason you need to go back to Aruba, don't ever feel ashamed. After all, you need to have courage to be able to make the decision to leave your family, your home, your safe place and getting out of your comfort zone to go to a new place on your own that's miles away. If you were capable of doing that, it says a lot about you as a person and the strength that you have.

14 University of Aruba

M E E T U A



THE HISTORY.

Theodore Roosevelt once said, “The more you know about the past, the better prepared you are for the future.”

THE BEGINNING.

The main campus is situated in the heart of Oranjestad, in a classic 19th-century building. The oldest section of the building dates back to 1915. There are vintage furniture and artwork around campus that students can still see today.

The building was in use as a home by the Tilburg Friar until 1934, best known as the “Fraters van Tilburg,” who lived in a congregation, a kind of union of monks that was aimed at the members becoming more merciful, following the example of Jesus.

From 1937 to 1988, it became a school for Christian Freres and the building received the name we still use today: Huize de la Salle. In 1988, the Faculty of Law marked the start of the UA’s academic growth.

THE PRESENT.

Huize de la Salle has become more modernized, though it still holds its timeless beauty.

Each classroom is modern, providing instructors and students with the latest technology to deliver excellence in education. Besides classrooms, there is also an expanding Library, fully-equipped Computer Center and 3 “garden parks”, which students can use to study or just relax after classes.

With over 600 students, the UA is growing steadily. The building provides an open and informal atmosphere to exchange knowledge, share experiences and to develop new insights.

OPPORTUNITIES FOR EVERYONE.

As of today, there are four faculties that strive to contribute to an academic discussion, participate in the sustainable development of Aruba and promote critical open-minded thinking. These are:

- **FACULTY OF LAW**
- **FACULTY FOR ACCOUNTING, FINANCE, AND MARKETING**
- **FACULTY OF HOSPITALITY AND TOURISM MANAGEMENT STUDIES**
- **FACULTY OF ARTS AND SCIENCE**

Besides academia, the UA offers students the possibility to “unlock their creativity and potentials”. There are several active student organizations, such as the Student Council, Kiwanis Circle K International, and Unia Magazine, all who contribute to the individual growth of each and every student.

INTERNATIONAL OPPORTUNITIES.

As of 2015, the UA offers many opportunities for its students to enrich their learning through international exchange programs with universities all over the world. The UA also welcomes international exchange students, who enrich the University with unique perspectives and experiences that help expand the horizon of the Aruban students and solve shared global challenges in the near future.



University of Aruba

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"WHEREVER YOU ARE, IS
WHEREVER YOU NEED TO
BE AND, WHERE YOU WANT
TO BE WILL FIND ITS WAY."

Jordy Tromp

TAKES THE WORLD

Jordy MJ Tromp is a student of International Communication in the Netherlands, a communication's intern in Malaysia, and a part-time vlogger on YouTube. At the age of 24, he's been to many places around the globe. As a student, cheeseburgers, and pizzas are among some of his favorite food while skipping a morning workout every now and then is considered his top guilty pleasure.

Jordy was born and raised on Aruba. Growing up, he always knew that he would move abroad someday. He explains, "I remember watching the departure of the 'Beursalen' from Aruba every year and being super excited for when it would be my turn." The Netherlands had always been the logical choice for him as a place where he would continue with his studies as the US never really attracted him.

- **WHEN DID YOU START VLOGGING AND WHY?**
"My passion for vlogging initially began a long time ago on Snapchat, it used to be the primary platform where I would document my trips while my friends would often keep up with my adventurous life."

After being so used to documenting all of his trips on Snapchat, a friend asked him, "Why don't you just start vlogging?" However, it wasn't until his favorite Victoria Secret model, Candice Swanepoel, started vlogging that Jordy really began taking it, "I remember thinking why not? What do I have to lose? I am going abroad for an entire year. So, this is the perfect opportunity for me to document an exciting new journey, not only for my loved ones but also, for myself." He thought this idea would be a great opportunity to create a life album, look back and share the memories with his kids one day. So, Jordy decided to pursue vlogging but he was not going to use just about any camera. Instead, he bought a Canon G7 X, which was then the best camera out there for vloggers.

- **WHAT DO YOUR FRIENDS THINK ABOUT YOUR YOUTUBE VIDEOS?**

"My friends believe that the editing is done well. However, there are flaws that are clearly visible in my videos, which include lighting, irregular camera movements, and disordered content structure - vlogging is ultimately a full-time job. However, to him, it was never something he started doing to become famous or to make money, he adds, "it has always been just about documenting my life and sharing it with my loved ones."

A JOURNEY OF A LIFETIME, SORT OF...

During the second year of his study program, Jordy had to decide where he would be doing his internship and his minor. When it was time to submit his papers for his exchange abroad - Jordy decided to do conduct his exchange semester in Canada.

- **WHY DID YOU DECIDE TO DO YOUR EXCHANGE SPECIFICALLY IN CANADA?**

"I visited Canada the year before and had a great experience, so I knew that I would have liked to do my exchange there. Having seen and lived in Europe for the past few years made me want to experience something different for a longer period. So that's kind of how it came about."

- **WHAT ARE SOME TIPS BEFORE DECIDING ON A COUNTRY FOR AN EXCHANGE PROGRAM?**

Do: Definitely check the university out, the city you'll be visiting and the courses they offer. Check if the university has a website similar to ratemyprofessor.com to see if the courses you'll be taking are good and if the professor is good or not.

Don't: Limit yourself. It's a very cliché thing to say. But at the end of the day it's true and whatever is meant to be will find its way."

FROM CANADA TO MALAYSIA...

Jordy states that he wishes that he had done his internship before his exchange program as looking and finding an internship requires more time and devotion than finding and deciding on an exchange program abroad. After completing his exchange semester in Canada, Jordy traveled back to Aruba in order to save money after Canada turned out to be a little more expensive than he had originally expected.

While on the island, Jordy realized that he was running out of time to get an internship placement if he still looked-forward to graduating within four years. Luckily, his fellow classmate informed him that a company in Malaysia is looking for an intern. Jordy applied immediately and, within days after his first and only interview with the company, Jordy was back on the plane flying from Aruba to Malaysia. He explains, "I didn't think much of it as I was preparing to leave Aruba because I thought that, you know - it's Asia. However, I was not prepared at all for what I actually experienced when I got here (Malaysia)." What he wasn't prepared for was the culture in the sense that even though it's a very modern country in terms of technology; the people are still conservative due to the political situation at the moment and the same government has been ruling ever since Malaysia became its own country. He explains,

"I WAS MENTALLY SO USED TO LIVING IN A FREE COUNTRY WHERE YOU COULD SAY WHATEVER YOU WANTED. BUT, ONCE I MOVED TO MALAYSIA, I COULDN'T ASK ANY QUESTIONS REGARDING THE GOVERNMENT IN MOST SETTINGS EXCEPT WHEN I'M HOME."

Nonetheless, he believes that Malaysia is a nice place to live considering that the country has three large ethnic groups that form the majority, the Malays, the Chinese, and the Indians. He considers this a very interesting joined culture and culinary experience that enable locals and visitors to experience a variety of different food in a single restaurant.

- **FINAL THOUGHTS?**

"It's always ok to be a little selfish and make decisions that will benefit you as a person. Never let other people hold you back, not even yourself. My life motto has always been, 'Wherever you are, wherever you need to be and, where you want to be will find its way.'"

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Yubily

ODUBER



- She likes all types of music;
- She is more of a dog person than a cat person;
- Her favorite line from her favorite movie, Cast Away is, "Never give up!";
- Her favorite holiday are Christmas and camping season;
- The one type of food Yubily can't live without is Seafood;

- If she could have any superpower, it would be to read minds;
- Her "Master Chef" meals are pasta!;
- The most embarrassing thing Yubily has ever done is pee in her pants;
- Yubily would rather live without her phone than without internet, "You can still do a lot on the internet.";

- She would love to visit Venezuela. Yubily was born there and would love to help her family as much as possible;
- Her life motto is, "Sueñalo, Piénsalo y Hazlo!";
- Her message to her future self, "Waw, Anais! You achieved what you wanted!";
- She would like to try and stay in the woods or on a deserted island for a week and try to survive;
- Yubily describes her soulmate as, "A very loving person, that is always ready to help, no matter race or where they're from. They should be sincere and do everything with a smile on their face."

SINGLE FEMALE



- Birthdate: May 4, 1995 | University: The Hague University of Applied Sciences •
- Education: Pedagogy | City: The Hague, the Netherlands | Height: 1.55 m •

SINGLE MALE



- Birthdate: 20 April, 1996 | University: The Hague University of Applied Sciences •
- Education: Marketing Management | City: The Hague, the Netherlands | Height: 1.76 m •

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Miguel

ODUBER

- He really enjoys Latin music;
- He considers himself as a dog person;
- His favorite TV show is American Horror Story;
- He considers Christmas and New Year's his favorite holidays;
- He can't live without pizza and meat;

- If he could have any superpower, it would be to read minds;
- His biggest screw up in the kitchens is, "Not knowing how to make soup like my mom does";
- His "Master Chef" meal is roasted chicken with rice and potatoes;
- The most embarrassing thing he has ever done was, "Pooping my pants when I was younger";
- He would not choose between life without internet or phone;

- He would want to visit Bora Bora;
- His life motto is, "Work in silence and let success make noise";
- His message to his future self is, "You did it!";
- He's always wanted to do Sky Diving, but he is too scared to try;
- He describes his soulmate as, "Loving, smart, passionate, honest and humble."



YOU BETTER WORK!

Summer is approaching and most students look for jobs to gain practical experience in their field of study or to just earn some extra cash while they have time off school. Here are some tips to help you get that job you have your eyes on.

1. UPDATE YOUR RESUME

1. Your resume is the first thing people see when you are applying for a job. Your resume should truly represent who you are and not just relay information on what you've done education or career-wise. If you're a creative person make sure your resume shows that, you could use the layout and font of your CV to accurately show who you are. Think outside the box! A resume doesn't need to be a written document, it could also be a video – but keep it short, organized and to the point.



2. DON'T BE AFRAID TO ASK

2. Considering that applying and interviewing for jobs may be something new to some students, it can be a daunting experience. But; if you want a job, you're going to need to ask and reach out to your network of family and friends. Ask them if they could introduce you to people that may have possible jobs for you. You can also specifically get in touch with the companies you genuinely want to work for. Take a closer look at their website, find their contact details, write an email or apply directly. Just remember that you have nothing to lose and you could be pleasantly surprised.

3. MOTIVATION LETTERS

3. Writing a motivation letter can be intimidating since you're trying to persuade that you're the right person for the job. A way to make it feel less like promoting yourself is to carefully read through the vacancy you're applying for and assess the required skills. This way, you can tailor your motivation letter to only show the skills you have that would make you the perfect candidate for the vacancy without coming across as over-confident or cocky. Whatever you do, DONT have a generic motivation letter that you send out to every job; recruiters see right through it! Being original is more likely to make you stand out from other possible candidates.

4. DON'T BURN BRIDGES

4. Keep in mind that no matter how great your resume is or how original your motivation letter is, you could still get rejected – don't take it personally! Rejection is part of the process. Stay professional and thank the recruiter for their time. Keep in mind that some companies keep your resume on file and reach out when a more fitting position opens. Eventually, you want to reapply to that same company thus it's best to keep it professional and cordial. Be creative, reach out to your network, do your research and be original when applying.

GOOD LUCK WITH YOUR JOB SEARCH!



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Nicole Manzo

At only eighteen years of age, Nicole has such an inspiring and motivated soul. She has been living in The Hague for eight months and was studying Psychology in Leiden. Recently, she moved to Rotterdam and changed her Major,

"I WASEXCITED TO LEAVE ARUBA AND START MY NEW LIFE IN THE NETHERLANDS. ARUBA DOESN'T ALWAYS OFFER THE OPPORTUNITIES TO GROW. IN EUROPE, THIS CHANGED."

At first, it was hard for Nicole to settle in. She is grateful for her friends that helped her out since she had no place to stay. After finally finding her own apartment, she was robbed after only five days; she lost all her belongings, except her expensive Camera,

"IT FELT LIKE A LESSON AND A SIGN FROM THE UNIVERSE. IT DIDN'T BREAK ME; I STAYED POSITIVE, AND IT HELPED ME BE A STRONGER PERSON."

Nicole describes herself as, "Someone who can do anything creative," and, therefore, has decided to change her study to something more in the creative industry and applied for the program Audiovisuals Design in Rotterdam.

WHY THE CHANGE?

When Nicole first came to the Netherlands she didn't know what to expect from her studies. In Aruba, she was sure about Psychology. But, when she moved, her life took a different turn and she started doing several creative things, such as photography, videos, blogging and posting healthy meals. This is how she saw the big opportunities in the creative industry that led her to open

her mindset and realize that the Psychology industry wasn't something she saw herself working in, in the future,

"CREATING AND MOTIVATING PEOPLE IS SOMETHING THAT I FEEL DEEPLY PASSIONATE ABOUT."

Her dream career is to become an influencer, someone who gives motivational speeches and creates videos that inspires other people. She loves people that want the best for themselves in being healthy or active, striving to have and live a life they are happy with, "For me, it's important that people know that, in life, you may go through difficul-

ties, but it always comes down to consistency, dedication and pushing forward to reach what you want to, whether it is fitness, business or anything in life."

While living in Aruba, she followed a Vegan and active lifestyle. Of course, moving to the Netherlands didn't stop her. Instead, it motivated her even more, "I have been Vegan for four years now." She did research on Vegan life nutrition and believes it's all about living a healthy lifestyle while knowing and understanding your body,

"EAT WHAT MAKES YOU HAPPY IN A HEALTHY WAY. IF YOU WANT TO EAT A LOT OF SALAD AND A PIECE A CHICKEN ON THE SIDE, THEN DO IT IF IT FITS YOUR DIET. ALWAYS TRY TO EAT HEALTHILY AND LISTEN TO YOUR BODY."

Besides being Vegan, she loves going to the gym and exercising. In Aruba, she did boxing, bodyboarding and went to the gym but she didn't take fitness seriously until she got to the Netherlands,

"STAYING HOME DOING NOTHING IS NOT FOR ME!"

Her love for the gym includes giving others advice on how important being active is. She feels the need to share the knowledge she has and is the reason why she blogs on her YouTube and Instagram channel, so people can interact



and know about being healthy, active and feel encouraged, "If you're a person that doesn't feel comfortable going to the gym - don't force yourself, you have to enjoy it. If you prefer something else like jogging, yoga or any other sport, then do it. I always recommend doing what makes you happy and what you feel great about doing."

- **HOW DO YOU BALANCE YOUR LIFESTYLE?**
"Personally, you have to plan your schedule. You can plan a day before. For example, if I have class in the afternoon I go to the gym in the morning. If I have class in the morning until the afternoon, I go to the gym at night - there's no excuse. I make plans and I commit to it."
- **HOW DO YOU PLAN YOUR MEALS?**
"Cooking is more complicated because you're not always at home to cook so you can make a cooking plan. Let's say a meal prep, you can cook on Sunday and have your food ready for the rest of the week. If I still don't have the time, I buy a healthy meal, but I try my best to cook my meal at home - it's all about planning, being organized and not making excuses."

Nicole says she has little free time since she keeps herself busy taking photographs, filming her own videos, modeling and doing advertising for other businesses when she is not at school or in the gym, "I don't like to have free time, I enjoy being busy."



- **WHAT MOTIVATES YOU TO HAVE THIS LIFESTYLE?**
"For me, partying and having a wild life is not something I want to do every weekend; it's not a priority. I want to do something bigger and I want to help people, that is what I strive for. Having a crazy, wild, lifestyle can lead to being excessively exhausted and it can make you insecure...if that makes them happy - then good. But for me, it doesn't. I chose this lifestyle and I want to continue living this way."

Inspiring and motivating people is what Nicole loves to do; this is the message that she wants to offer to people that she meets or anyone that sees her videos and follow her accounts on social media, *"If I have the tips, advice, and anything I can help other then I will definitely help others and share everything I know."*



- **HOW DO YOU SEE YOURSELF IN THE FUTURE?**
"I see myself influencing people in fitness and life in general. I believe, hopefully, in the future, I can be influencing people on YouTube and Instagram - like a full-time career and keep doing videos and photography."

Her goal is to travel around and give motivational speeches, interact with followers and subscribers, and to keep giving information and advice, *"I know how I feel when other inspire and influence me in a good way. I have my role models, so I know how it feels so I want to give that back and be a good example and role model to others."*



- **ANY ADVICE TO OTHER STUDENTS?**
"If you have a passion for a career, then follow it; it's important to the ones that are planning to come abroad. As soon as you get abroad, you see a whole new world with all these opportunities - go for it. I want to emphasize that you don't have to feel bad if you want to change career to something you feel passionate about; you will be grateful. It is all about consistency and hard work. In life, you will always go through tough times and it may seem that you will never reach your goal, but always look at the positive side and keep striving for the best - never give up! Those are the points in reaching success."



YOU CAN FIND OUT AND GET TO KNOW MORE ABOUT NICOLE MANZO'S HEALTHY LIFESTYLE ON HER SOCIAL MEDIA ACCOUNTS:



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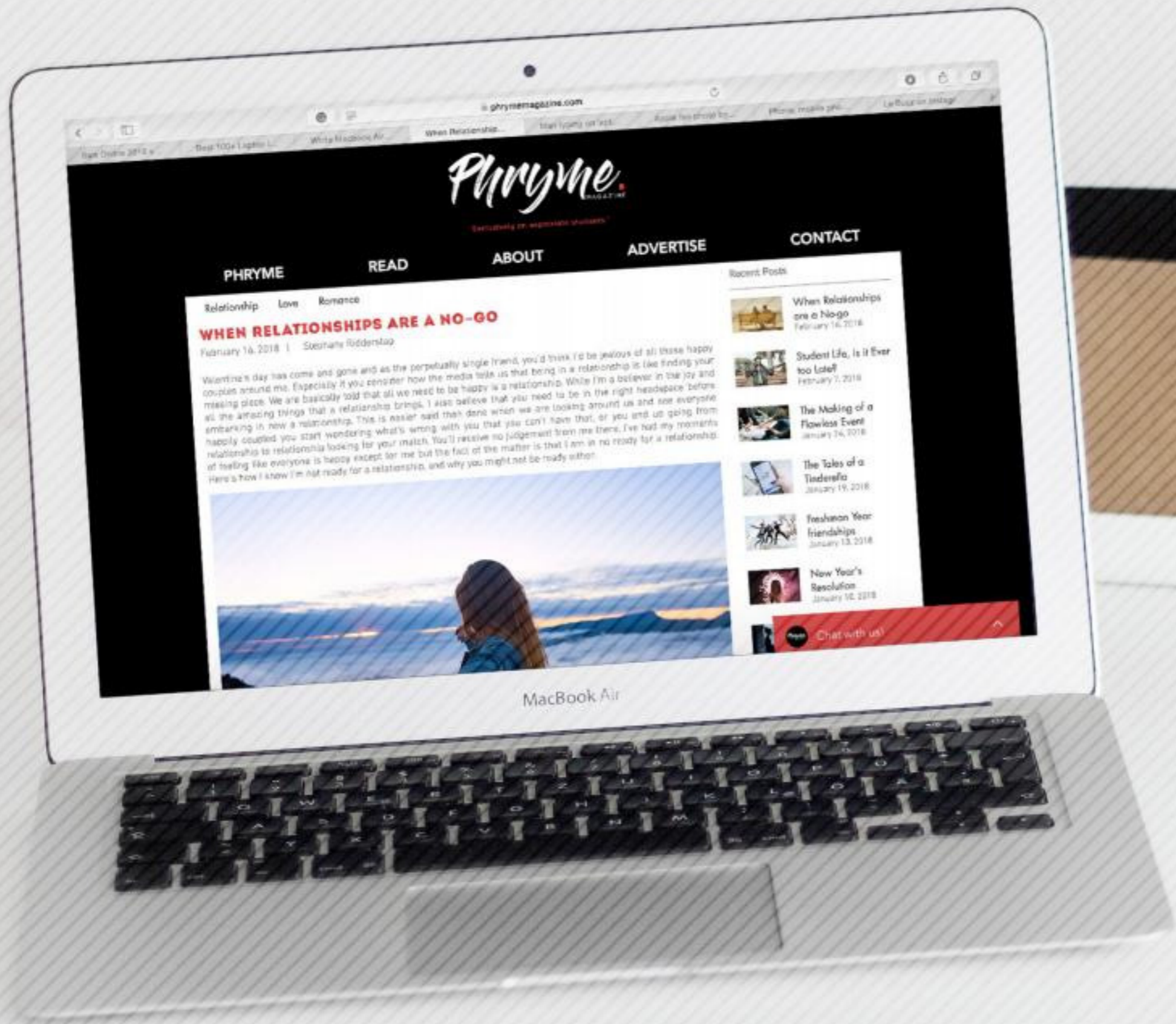
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THE UNEXPECTED STORIES OF THREE STUDENTS WHOSE PREGNANCIES DIDN'T STOP THEM.



Arantxa **MADURO**
Wilyenie **CROES**
Jeaniree **VICARIO-
BERNABELA**

For many women, becoming a mother at a relatively young age means prioritizing motherhood and setting their educational goals on hold. However, those who are determined enough to still obtain a degree will do their utmost best to find a balance between going to school and taking care of their children.

In this May issue of Phryme Magazine, we honor three Aruban-born young mothers who were brave enough to continue with their educational journey in the Netherlands. The three young ladies, being; Jeaniree, Arantxa, and Wilyenie, each share their individual story with us while revealing their journey to motherhood.



“ **What a lot of people fail to properly understand is that life in the Netherlands is different, but it's good and filled with opportunities.** ”

Arantxa Maduro:

UNEXPECTED PREGNANCY, PLANNED MOVE.

Arantxa Maduro, twenty-two, lives in The Hague and is studying Marketing Communications at ROC Monderiaan. Arantxa is a student, mother and loving partner to Gianni G. Romero, father of her two children - Giann, three, and Gia-Alliana, 10 months. Together, the two decided to move to the Netherlands in 2014 to pursue more opportunities. In this interview, Arantxa opens up about dropping out of school, her decision to move to the Netherlands with a VMBO diploma, motherhood and the importance of choosing the right father for your children.

Arantxa grew up in San Nicolas, Aruba, where, at just the age of thirteen, she would help her mother give swimming lessons while swimming for the Aruba Dolphins swimming team, "Competitive swimming was never something for me - I enjoyed it as a hobby next to dancing. However, something I always loved was working."

• **WHY DID YOU ENJOY WORKING?**

"Working was very fun for me, it gave me a sense of independence and responsibility. I always tried to manage my hobbies, school, and work. However, it became too much for me to handle and I had to make a decision. Eventually, I chose to work and decided to drop-out."

• **WHY DID YOU DROP-OUT?**

"School was not going well and I never enjoyed the program I was in; Hospitality and Tourism. Aruba is also very limited in MBO programs and I didn't have many study choices. I decided to pursue something I enjoyed and, at the time, that was to work. I didn't care what anyone said, or thought, and knew it was a decision for me."

• **HOW WAS YOUR WORKING EXPERIENCE?**

"It was very fun! I enjoyed every minute of it; it gave me a lot of opportunities, experiences and I met a lot of people - it made me grow as a person. It also gave me the ability to save and prepare for my move to the Netherlands."

"GIANNO AND I WANTED TO OPEN DOORS FOR OUR FUTURE."

After two years of working in Aruba, Arantxa felt like she was stuck in the same place with very limited options. After a month of vacationing in the Netherlands, Arantxa decided to convince her partner to start preparing to move to a country with more study opportunities, freedom, experiences and to broaden their mentality and thinking habits, "Gianno and I had everything prepared to move to the Netherlands; everything was ready. Then, I found out I was pregnant."

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"I hid my pregnancy from the public for 7 months to protect my baby, my family and myself from any negativity it may have brought."

Contrary to what most might assume, Arantxa did not move to the Netherlands because she was pregnant. Instead, Arantxa unexpectedly found out she was pregnant, just three weeks before her big move, and found herself questioning her decision,

"My parents tried to convince me to stay in Aruba; not only was I moving to a completely new country, culture and living habits, but I would be having a new-born and was completely on my own."

However, that didn't stop her, *"My mother was scared for me because Arubans always speak negatively about how hard it is in the Netherlands; which I now know it's true. But, there are also very good things, like DUO, public transportation, Gov. support and a lot of other things that no one speaks about."*

"NOW THAT I LOOK BACK, I LAUGH AND THINK I WAS QUITE CRAZY TO MAKE THAT DECISION."

Eventually, Arantxa and Gianno decided to continue with their plans to move as she believes that having the support of each other made them strong together. It was hard to settle in and to get housing, which she emphasized and advise every student to start on time with, *"Housing in the Netherlands is very difficult, it takes very long and is a complete headache!"*

Arantxa decided to go to the Netherlands without the financial support of Aruba "Arubalening," but she did try to receive some information, *"I realized Aruba offers very limited, and unreliable, information regarding studying, or moving, abroad. It's when you actually get here that you find out the accurate information - which can be very overwhelming."* Arantxa admits that the first few months were very hard for her, not only was she pregnant, but she was also struggling with getting used to how the culture is in the Netherlands,

"I had a very tough pregnancy my first time; I would throw up a lot and my blood pressure was very low."

Arantxa recalls the moment cultural differences really became apparent to her while she was getting off the train, *"I remember throwing up and everyone just looked or kept rushing to catch their trains - no one even offered me a napkin. I put myself together, cleaned myself up and went to school. It's not until I got to school and went to the bathroom that I broke down and cried; that's when I really realized the big cultural difference."*

Arantxa opens up that she was in a "very positive and happy bubble" and didn't want anyone to ruin that for her and her baby, "You know how Aruban people are," she laughs, *"I didn't want people's words to hurt me. I shared my first pregnancy with my family, ignored everyone and everything else and was very happy."*





“Something that is very, very, important is to actually sit back and think about who is going to become the parent for your children. Nowadays, people don’t actually realize who they are with and what kind of person will that person be to their kids. I think that is an error a lot of people make. But for me, you can actually say that I chose Gianni to be the father of my children.”

It was not until she reached 8 months that she revealed her pregnancy to the public. At first, Arantxa feared that her parents may not be supportive of her pregnancy, however, she added that her parents were very supportive and the parents of Gianni was extremely happy with the news. Luckily, one thing she didn't have to worry about was her relationship with Gianni.

- **DID YOU LOSE OUT ON ANYTHING DUE TO YOUR PREGNANCY?**

"Luckily, school was very helpful and allowed me to go on internship after I gave birth. However, I became so attached to my baby boy that I couldn't just leave him at day care. Therefore, I had to lose a school year and dedicated that time to Gianni."

- **DID YOU FEAR ANYTHING WITH YOUR PREGNANCY?**

"I feared getting kicked out of school! I know while in Aruba, some youngsters get kicked out due to being a bad example but my Dutch teachers were very understanding! They even joked that they'd become grandparents and cheer for me on my graduation."

"YOU CAN EITHER BE TOUGH OR YOU'RE WEAK AND DECIDE TO GO BACK TO ARUBA."

Arantxa described the Netherlands as a country that challenges you. Looking back, she admits it was hard but she doesn't regret any decision she's made, *"When I analyze my life back then, I was a very weak and timid person; everything would hurt me and I was very naïve. But, now that I've lived here, I went through a lot that taught me how to be a strong person. I am very happy with the person I grew up to be today."*

She elaborates that she went through things she didn't think she had enough strength to get through such as staying in school and not having health insurance during her pregnancy, etc.

- **WHY DIDN'T YOU MOVE BACK TO ARUBA ONCE YOU REALIZED HOW TOUGH IT WAS?**

"Initially, I moved here for school. But, once I found out I was pregnant and gave birth to my baby boy, I realized that the Netherlands is a good country to live in to be a student and a mother. In addition, Gianni gave me the strength and motivation to get a degree; I do not want to be that mother that tells their kids they cannot afford something. I want to make my family proud and become a role model to my kids."

- **WHAT IS AN ADVICE YOU HAVE FOR UPCOMING STUDENTS?**

"You can't move to a different country and expect everything to be the same. You can't depend on people who are also trying to figure out their lives. You are on your own, you are doing this for you."



- **WHY WAS IT TOUGH TO GET YOUR BSN NUMBER?**

"Unfortunately, we have moved to the Netherlands around the same time that the Aruba 'Bursalen' did. Which meant that they, somehow, had the advantage to register and it took months for me to do so. If you don't have a BSN, you basically do not exist in the Netherlands. Which meant that I couldn't get health insurance, couldn't go to the hospital, nor check on my baby."

- **HOW DO YOU GET THROUGH THE TOUGH TIMES?**

"My support system here is Gianni; when you have someone strong behind you, you also become a strong person. We push and motivate each other and speak about our life plans and goals."

"WE LOOK FOR THINGS TO DO AS A FAMILY."

Life in the Netherlands is different, Arantxa doesn't have her family to watch after her kids so she can go out and have fun. Her and her partner, Gianni, made a commitment and decided to compromise to meet each other half way; Gianni studies and works, while Arantxa studies and stay home to look after their children and, also, save on additional daycare costs. When asked what they do for fun, Arantxa shared that, together with her family in the Netherlands, they focus on things they can do together, such as going to "kermis," Monkey Island, or simply looking for adventures to do as a family.

Graduation is in the near future for Arantxa as she is expected to graduate just before summer. Her future plans consist of pursuing an HBO degree in an area of marketing and to, hopefully, have her own business one day – in Aruba. While the possibilities in the Netherlands are endless, Arantxa believes that she will be moving back to Aruba after she graduates with her bachelor's degree, not just for herself, but for her children to be close, play, and grow up around family.



COVER STORY :: "THE UNEXPECTED STORIES OF THREE STUDENTS WHOSE PREGNANCIES DIDN'T STOP THEM."

I WITH BABY N°2 ON THE WAY... SHE'S LIVING HER BEST LIFE!

Her name is Jeanirée Vicario Bernabela, she is twenty-two years old and is studying Communication at Hogeschool van Arnhem en Nijmegen in Arnhem, the Netherlands. She has a two-year-old son and has been married to her beloved husband, Gregorio, for nearly two years. In less than a month, she is completing her bachelor's degree and will be continuing with her master's degree in politics before moving back to Aruba.

Before meeting Gregorio, her now-husband, and learning she was pregnant, her plan was to move to the United Kingdom and, possibly, work as a Chief Communications Officer – but, since giving birth, that is no longer her plan. In the following paragraphs for Phryme Magazine, Jeaniree talks about the different roles she has today in life and what she hopes to achieve in the near future.





“
**Everything will eventually
fall into place.**





HER STORY HAS JUST BEGUN.

As a child, Jeanirée volunteered for several animal-related foundations, while she also assisted many events on Aruba with planning and communication. During her teenage years, she joined the Youth Parliament of Aruba. Jeanirée believes that her participation within this organization was one of the primary motives for her to pursue a degree in communication.

- **WHAT DO YOU LIKE ABOUT YOUR STUDY PROGRAM?**

"Communication is a broad study program and, to be honest, if I think about some of my other classmates - no one truly likes every aspect of this program. In my case, I like Public Relations and Branding, but not a fan of the designing subject of this program. At the end of the day, every communication student does this program with a different purpose and everyone prefers different things about this program."

"A master program is not something I always wanted to do."

Before Jeanirée met her husband and their first child, she didn't plan on going back to Aruba immediately; she wanted to live in the United Kingdom. However, things have changed and the plan is to now return back to the island she left at the age of seventeen. It's no secret that returning to Aruba with a master's degree can mean two things - either that you will get a "good" job or that you will remain jobless for quite some time. Jeanirée explains,

"If I do pursue a master's degree, I wouldn't do it for a better job position nor a higher salary, but because I find the program interesting and I would like to make a difference."

- **IN WHICH FIELD WOULD YOU LIKE TO CONDUCT YOUR MASTER'S?**

"You could say that the master's I already started and would be continuing soon has nothing to do with communication as I'm doing it in Political Science which is a WO master's degree."

Applying for this master's degree wasn't easy. The young mother explains that it was harder for her as someone with only a background in Communication studies on a HBO level. She adds, *"I mean, yes, you do get a bit of politics in communication, but not the true basics that you would need for such a program. So, the application process involved writing a motivational letter and a lot of bureaucracy from both universities - it took a lot of effort."*

The young mother is certain that, one day, she will be involved in politics, *"It's not something I've ever thought about earlier in my life, I actually wasn't even fond about politics but, somehow, it just kept crossing my path in many different ways."* Though, she doesn't stress too much about the if's, when's, and how's, she says,



"My priority right now is to truly understand how politics work so that, if I ever enter the political arena, I actually make a difference and know and understand what I'm talking about."



THE MOTHER AND THE WIFE

In 2015, at the age of 20, Jeaniree gave birth to her first child. A few months later, she got married. However, as a student, mother and wife, Jeanirée has no doubt that she's living her best life.

"Marriage was already in the talks before we had our first child."

After a couple of months of dating, the couple was already talking about marrying. But, before any further plans could be made Jeanirée found out she was pregnant.

After she gave birth to her first child in 2015, the couple flew to Curacao and Aruba so that the families could meet their son. While in Curacao, Gregorio finally popped the question. A few months later, the couple got married and had a small celebration in their backyard in Arnhem. In the future, though, they would like to hold a much bigger wedding in Aruba, Jeanirée adds, *"This is something we truly want to do because we want to be able to also celebrate our love with both our families who live on the islands."*

- **HOW DO YOU BALANCE YOUR LIFE?**
"Mostly by not thinking about it like that because every time I am asked this question, I suddenly feel so overwhelmed. I just do it, I don't think about it that much. This is now my normal so, I don't feel any extra pressure due to that."
- **IS THERE ANYTHING THAT YOU'VE STOPPED DOING AFTER BECOMING A MOTHER?**
"I enjoy traveling. It's not something that has necessarily stopped, but, in the past, when I had a long weekend, I would look for affordable destinations within Europe almost immediately for a weekend getaway. Now, however, my family and I go on more carefully-planned vacations."

- **DID ANY OF YOUR OTHER GOALS CHANGE AFTER YOU BECAME A MOTHER?**

"Yes, certainly – I used to be really focused on my career; It was all about becoming a successful business-woman, such as previously stated the position of a CCO was my goal. Now, my goals have changed quite a bit. There's not a specific job position that I am aiming for anymore. My goals became bigger, more impactful but less selfish. I want to positively contribute to the Aruban politics through my education, therefore, bringing positive changes and making a true difference in the Aruban community. Ultimately though, I do strive for a job that will allow me to have a balanced work-family life."

BABY NUMBER TWO IS ON ITS WAY!

Yes, that's right – Jeanirée is pregnant with her second child and is already due in a few weeks. They currently have a son and are now expecting a baby girl – the couple couldn't be more excited!

- **WHY DID YOU PLAN ON HAVING YOUR SECOND CHILD NOW?**

"I already had my first child at a really young age and I don't want my kids to have a big age difference; I want my kids to be able to grow up together. Both me and my husband have strong family values and, since we've been given the opportunity of being young parents, we want to enjoy and make the most of the advantages."

- **WHAT WOULD YOU ADVISE ANOTHER YOUNG MOTHER THAT WOULD LIKE TO CONTINUE STUDYING?**

"Although I don't want to be quoting Nike, I have to say, 'Just do it!' You will only be impeding yourself by overthinking the situation. Everything will eventually fall into place – put your mind to it and don't give up."





Wilyenie Croes:

THE MIRACLE AFTER BEING DIAGNOSED WITH PCOS.

This is one of those stories where life doesn't go as planned. For the 24-year-old, Wilyenie Croes, the last couple of year was filled with ups and downs. Four years ago, together with her boyfriend Joan Cannegieter, Wilyenie decided to move to the Netherlands without any help from the government or a high-school diploma. Currently, Wilyenie is in her second year studying Cosmetology at ROC Mondriaan in The Hague. In this issue, Wilyenie shares her story as a student, athlete and, most importantly, as a mom.

It's crazy how life turns around and make you do things you thought you wouldn't do. For Wilyenie, Dutch was not her cup of tea and was the reason why moving to the Netherlands was never an option for her, "I always told myself, I'm moving to the states!" But, because she didn't finish her high school in Aruba, her options narrowed down. However, in 2014, after evaluating life on the island and what school options she had to continue her studies, Wilyenie took the courage to move to the Netherlands together with her boyfriend.

• WHY THE HAGUE?

"Honestly, The Hague was my only option. I didn't know how the student life in the Netherlands was. Basically, based on what I heard and that most Arubans go to The Hague, so I choose The Hague as well."

While planning their move to the Netherlands, the only thing they made sure they had arranged before their move was a living space. As for school and the additional concern, they opted to figure that out as soon as they got to the Netherlands. In the beginning, Wilyenie shares without a fear, that it was a struggle to adapt to the life in the Netherlands. For example, the language and feeling slightly judged,

"The moment I told them I was from Aruba, they basically assumed my Dutch was not good enough for MBO 4."

Even though she managed to pass her Dutch language test, the school felt entitled to tell her, "Because you're from Aruba, we feel it's better if you go to MBO 3," Wilyenie adds, "I fought my way, but there are things that ultimately you can't do anything about."



“But it’s not about how my parents will react if I fail, but more me reacting to it – I don’t think I can handle it.”

HER BIGGEST FEAR IN LIFE.

Debating whether or not to pursue a Bachelor’s degree, Wilyenie shared that “failing” is one of her biggest fear, *“I think one of the reasons that I consciously chose not to finish my HAVO was so I could not be able to do HBO and fail.”*

- **WHERE DOES THIS FEAR COME FROM?**

“Probably from my parents; I always had the pressure to get good grades and make sure I get into “Colegio Arubano-” I always felt that pressure. Even though the pressure is not there anymore, I still fear to go and fail at it.”

Although she doesn’t get the same pressure as she used to from her parents, Wilyenie still fears about failing, *“My father wants me to finish school... he wants me to go for my bachelor’s but my mother is more chill about it now. ‘Whatever you want to do, you can do,’ she tells me.”* Wilyenie adds, *“But it’s not about how my parents will react if I fail, but more me reacting to it – I don’t think I can handle it.”*

Taking extra classes to combine her second, and last, year of cosmetology, Wilyenie is expected to graduate from MBO 3 in December and continuing with MBO 4. For now, she is concentrating on achieving her MBO Diploma and then deciding if to continue with an HBO degree.

THE WONDER BABY.

In 2015, Wilyenie was diagnosed with Polycystic Ovary Syndrome (PCOS); a hormonal disorder that makes it difficult for women to conceive a child. She really thought that having children was out of the question for her. However, in 2017 Wilyenie and Joan welcomed to the world their son, Jyón Cannegieter. A baby boy that was blessed as a “wonder baby”.

- **AFTER RECEIVING THE DIAGNOSE, WAS IT A SURPRISE YOU GOT PREGNANT?**

“Of course! For almost a year I wasn’t getting my period. Without your period, you wouldn’t think you had a chance to get pregnant. My doctor couldn’t explain how it was possible, they blessed him as “wonder baby.”

Wilyenie shares that, obviously, being pregnant in a country where you don’t have your family nearby is not easy. You are very dependable on your partner, friends and social circle you have created,

“My internship supervisor asked if I was staying in the Netherlands with my baby without any family members around. I told her I had one goal and that was my school; that’s my priority – I will deal with my loneliness afterwards,” she laughed.



- **HOW DO YOU MANAGE BEING A MOM AND A STUDENT?**

"It's not easy, but it's doable; schools are more likely to understand. For example, if your baby day-care opens at 8.30am and your school starts at the same time, you can get to class ten minutes later without any problem. The same if you need to leave class early to go pick up your kid because he got sick."

When it comes to the studying part, "It's difficult," she says. She needs to make good use of her time when her baby is at school or sleeping, "What I learned is, as a student-mom, I need to be flexible to be able to adapt my time to my baby's needs and to study on the time I have left afterwards."

Grateful to the father of her child, Wilyenie says,

"I don't have the option to take my baby to my mom, but I can say, 'Babe, can you watch after the baby - I need to study.'"

But, she would be lying if she says she didn't miss her mom and other women in her family during the pregnancy, "Nowadays, you can call or FaceTime if you need advice, but it's not the same as having them nearby - I don't have the possibility to say, 'I'm dropping my baby off at my mom.' But, we do make it work!"

- **HOW DID MOTHERHOOD CHANGE YOU?**

"I learned to be more understanding and patient. My needs moved to 2nd and 3rd place. As human beings, we can get frustrated very quickly. You learn how to be more understanding of what's your baby is going through. It's difficult, but it's great!"



- **BALANCING GYM AND OTHER ROLES.**

Fitness is a passion that Wilyenie and Joan share together, "I met him when I was working at Cut & Curves in Aruba. We worked out together one day - and here we are." According to her Facebook, Wilyenie has done Ballet, Tang Soo Do, competed in Figure competition and is now looking to compete in Bikini.

In April 2018, nine months after giving birth, Wilyenie slowly started going back to the gym, "I had to make sure before thinking about going back to bodybuilding, that I was healthy for my kid. I am still breastfeeding, I didn't want to jeopardize that. I wanted to make sure my baby was eating actual food before going back to the gym."

- **HOW DO YOU FIND THE TIME TO GO THE GYM?**

"It's not easy. When the baby is asleep, my boyfriend goes first - he comes back and then I would go. You don't want to miss anything when it comes to your baby. It would be easy to say during the day I would go, but I don't want to take time away from being with my baby."

In 2015, she participated for the first time in Figure competition. Even though she is currently taking things slow with the gym, she does see herself competing in bikini next year again. In the meantime, Wilyenie used her Facebook page as a platform to share her journey with fitness.

- **WHY DID YOU CHOOSE TO SHARE YOUR JOURNEY?**

"My fitness journey has it's up and downs; it's not something consistent. I did want to document it all, not for others to see but more for myself."

Wilyenie describes herself as an open book on her Facebook page; she shares everything from her fitness journey to her struggle with PCOS. She likes to share her tips and being very open to answer all questions she receives on her page, "You will never know when your phone is going to die, why not have everything documented on a page," she added.



What future holds for this athlete, student-mom is unknown but what she has clear is her priority – her baby boy. As a message to all students who are expecting, Wilyenie gives a tip to make sure you have the right information with your school. Check the possibility for a shorter school schedule, how long is your maternity leave and, most importantly, don't wait till the baby is here to sign up for a day-care, "Get your ducks in a row, before your child is born!"

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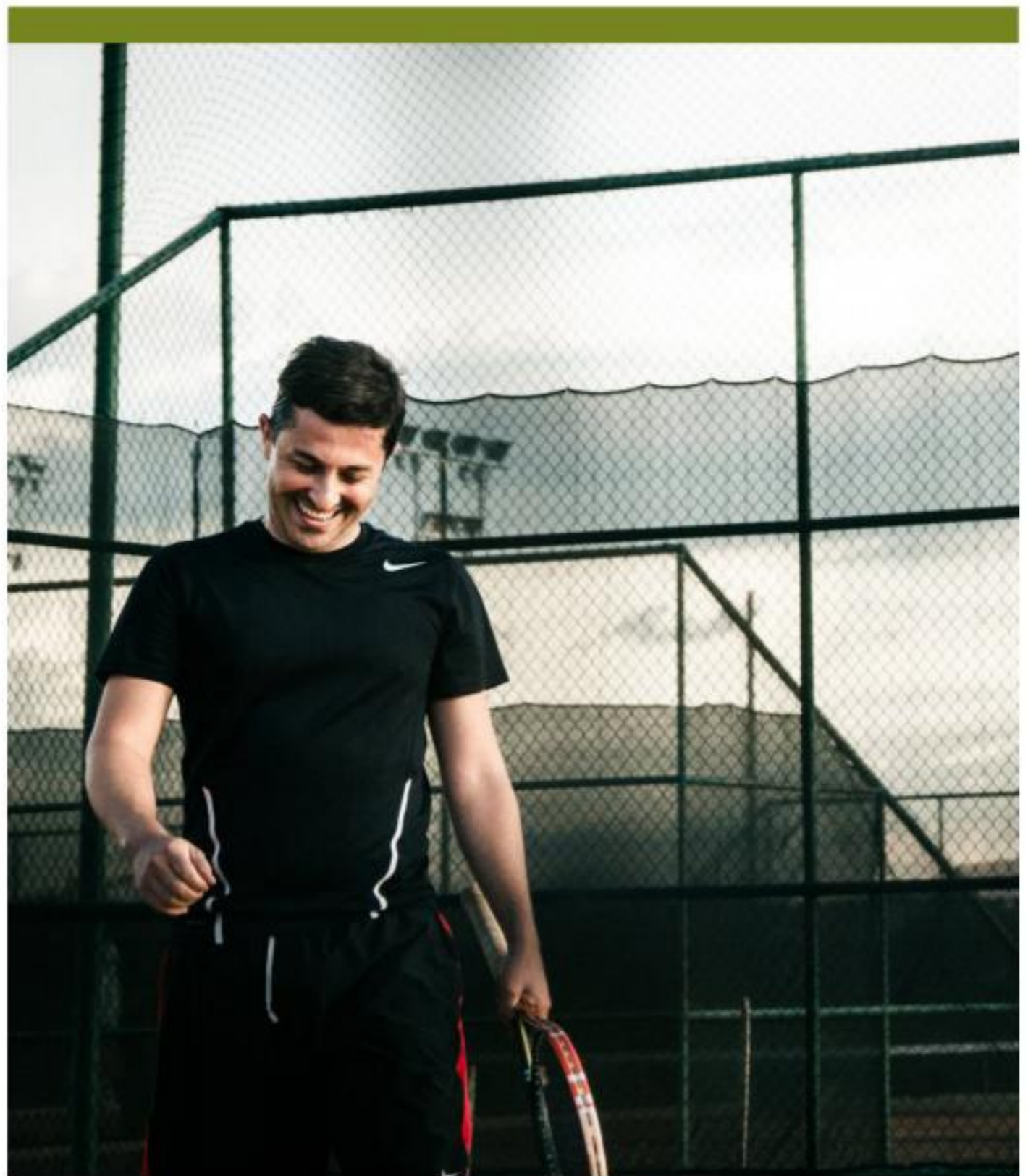
BENEFITS *of* WORKING OUT.

-----BY: LIAM SEAN KELLY

On my previous blogs for Phryme Magazine, we were focused on the avoidance of procrastination. It had much more to do with avoiding bad habits and adopting better ones or ones that could prove to be more productive for your student career. I can calmly say that it was well received by most and that my paranoia of *"Trying to make my written work perfect"* paid out tenfold. I have received heartwarming messages and comments that really put a quirky smile on my usually deadpan face, thank you kindly.

Now enough of the self-congratulating introduction that my ego simply could not hold back on. Let's get down to business.

In this article, I will be laying down some wonderful benefits that I have experienced while following a proper work-out schedule and partially strict diet that involved no sugar whatsoever... The simple act of writing "No sugar" still weighs heavy on my heart as I am a big fan of glazed donuts and more unhealthy treats that you might want to stay away from while reading this article. So if you are drinking a soda or eating a candy bar at this very moment, please, bear with me for just a few minutes and I hope that I just might give you a strong enough paradigm shift so that you might want to start on a work-out routine yourself.



THE BODY TRANSFORMATION:

I think this is the usual reason why people would even bother to pick up weights or start doing cardiovascular exercises, for that hot body that they have been looking for their whole life. Whether you are looking to slim down or bulk up, diet and exercise is probably a wavering thought in your head right now; entertain that thought and start making a strategy on weight loss or muscle gain for the future.

THE ADDED CONFIDENCE:

Next, to a toned or jacked body, you will also experience a more psychological effect that has people running back to gym every-single-time, the confidence boost. When you start working out, you will struggle immensely in the beginning and it is always the beginning stage the turns people off, but as soon as you start to notice slight results, you will be hooked to go back because it just feels amazing to feel comfortable in your own body.

PAYING ATTENTION TO WHAT YOU EAT:

Another habit that I developed was that I would constantly look at the sugar contents of everything. Not only that but also the protein and carb contents will be the main obsession, because of gains bro.

Bromo jokes aside, this is also a time to remind you to put that soda, brownie or donut down and start scheduling weekly/monthly cheat meals. Remember it is a cheat MEAL, not a cheat DAY, but just try not to have those meals in general in the early stages.

HAVING MORE ENERGY TO FULLY COMPLETE EVERY TASK:

Working out also contributes to how much energy you can physically put out throughout the day without crashing or losing focus. I started to notice this within the first months of working out. I noticed that my schoolwork was easier to digest than usual, so my grades are very much on par with the geeks these days.

My writing also flowed out easily, I feel as though I have a much clearer mind when it comes to the activities that require constant strain on my Dorsolateral Prefrontal Cortex (the medical term for the part of the brain that is responsible for memory, organizing and regulation). So strength and a tight body are not the only plus sides of working out and maintaining a healthy diet.

YOUR LOVE LIFE WILL THANK YOU IN THE LONG RUN:

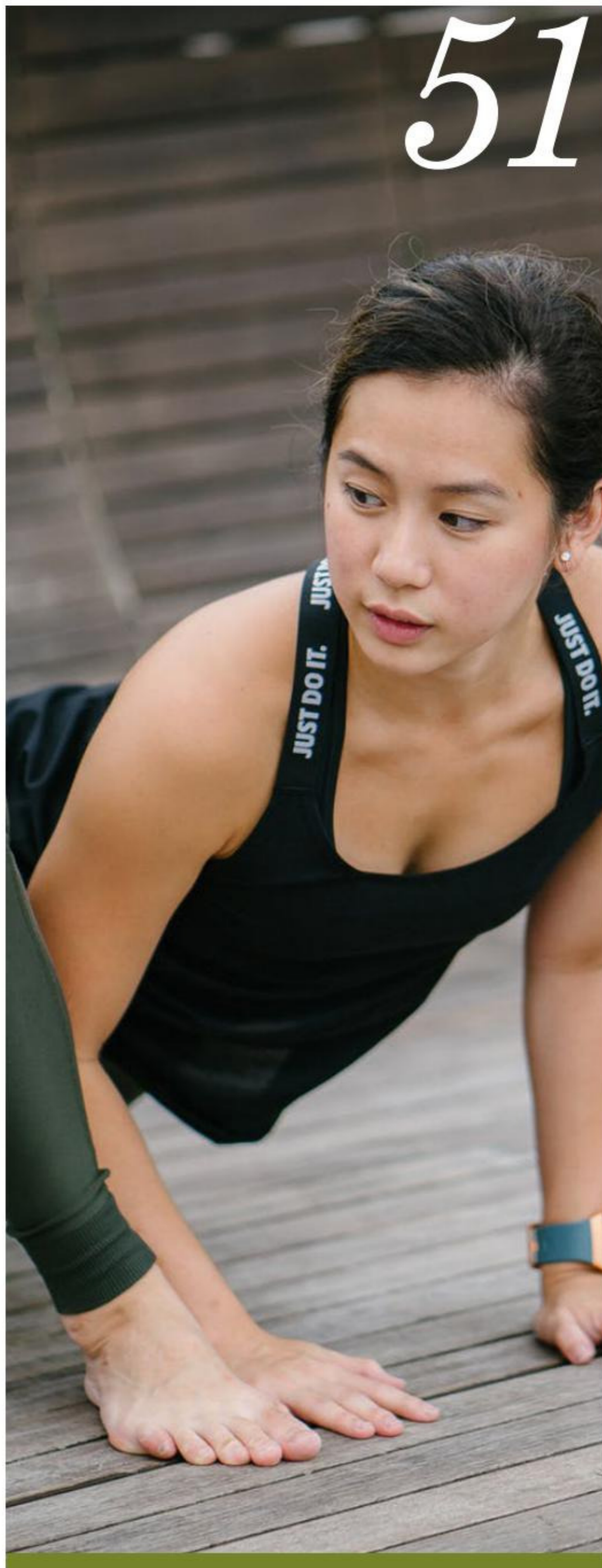
Another interesting benefit that going to the gym will have on you is that it will be blessing your love life. Stamina, strength and the fact that you know you look good helps a lot when it comes to dating and bedroom activity. Now, I won't delve into the juicy details (as always) but I hope you can use that wonderful imagination that you have been blessed with my astute reader who is yourself.

To conclude this article, YES go to the gym, go find a person who is willing to lend you a hand with fitness tips and dieting tricks.

I cannot stay healthy or keep coming back to the gym alone, I have to have inspirations. That is another task in itself, find a person within the fitness world who inspires you and gives you drive. I myself do not look up to bodybuilders or MMA fighters with ripped bodies. Most of my fitness inspiration comes from my uncle Frederick and my good friend Nicole who are ordinary people like you and me but strive for perfection every day, one meal and one set at a time.

NOW GET TO WORK.

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Living HIGH-TECH WITH LAURA CROES

Laura Croes, 20, is studying to become an electrical engineer in Delft, the Netherlands. In this interview, Laura explains what her study is about, how her life has changed and provides essential tips!

The technology world is something that has always interested Laura. Therefore, she knew that she wanted to study something related to technology. When she started searching for a study program, she came across the program Electrical Engineering. In the beginning, she had no idea what this study was about, but it turned out to be exactly what she was interested in,

"There's so much technology all around us and I had no idea how it all worked. I really wanted to understand how our phones, computers, satellites, electric vehicles and the WiFi-network."

In the future, Laura hopes to be able to create new technologies that will make a difference in people's lives.

Laura explains that her field of study is very extensive and complex; it contains a lot of math, physics and requires a lot of work. In order to be successful in this field, you need to be willing to work extremely hard.

The world of technology is something that changes constantly. Not only is this exciting for Laura, but it also motivates her to know that, one day, she will be able to contribute to this change. Additionally, the lack of women in this field is still considered unconventional and, even at her university, it's noticeable. This is also a motivation for

Laura to be successful and, hopefully, help pave the path for women to feel comfortable exploring this field.

LAURA'S NEW LIFE

Moving to the Netherlands has helped Laura gain the ability to see things from a different perspective and become more independent. She does her chores, groceries, and tries to balance her social and student life. In the beginning, it was hard making the adjustments. But now, it's part of Laura's new life.

Another change Laura experienced was managing her schedule. In the Netherlands, the school schedule is different compared to Aruba. Now, she would sometimes have lectures in the afternoon and end early in the evening. Being a student requires having good time-management skills; schedules change all the time and things often pop-up last minute. Laura also gained the confidence to be comfortable with confronting people. If people are being rude or bothering her and her friends, she will stand up for them.

While adapting to her new life was a struggle. Now, staying motivated is something she struggles with on a regular basis. Laura believes that motivation is one of the main

factors why students drop out of school,

"You are here for yourself, to finish your study and get a degree. No one here is going to tell you what to do and when to do it. You need to have the self-discipline to get out of bed and attend your classes."

Besides being a student, Laura spends her time going to the gym in order to remain active and healthy. She is also a member of ABC Kompas, a student association for students from ABC Islands, that host social and educational events regularly. Laura is a member of the committee "Commissie Onderwijs en Carrière" where her responsibilities include planning events and workshops that help members prepare for their career.

LAURA'S TIPS!

1/

Avoid eating out! If you're at school all day, make sure you bring enough food to keep you from starving. Additionally, always save money at the beginning of every month. So, if you find yourself dealing with unforeseen costs, you will always have a back-up.

2/

Be motivated and work hard from the beginning! If you have a good start, you can always tone down later. But, if you go too slow in the beginning, you will spend all year trying to catch up.

3/

It's ok to fail! It's fine if you realize your study is not what you want. It's important for students to do a lot of research. Find out if the study you have in mind is really the one you are looking for.

4/

Be open to changes! Everything will change; your physical environment, the weather, your schedule, etc. It's important to be open and create new habits that will contribute to your well-being and incorporate these into your daily routine.



